

OXYGEN THERAPY

a progress report on food grade hydrogen peroxide

Disclaimer:

This paper is a collection of information relating to food grade hydrogen peroxide.

This in its undiluted form is a dangerous chemical. This paper is not to be construed as an attempt to encourage people to self-treat disorders. Should any reader wish to treat themselves or their family in any way, then it is strongly recommended that they first seek advice from a competent health-care professional with expertise in the proposed mode of treatment.

The information herein is considered correct at the time of compilation, but readers should be aware the field is dynamic and some information may become obsolete.

Forty-one million Americans have serious arthritis, twenty million have herpes, thirteen million have serious diabetes. This alone is 74 million, or over one third of the population - and we have only covered three diseases.

At the beginning of this century we were one of the healthiest nations on this earth, now we rank among the sickest. Some of the reasons for this change are that our air, water and food are not what they were 75 to 100 years ago. We have polluted the air, we need additives for our water to make it safe to drink, and our food has lost its trace elements, long leached from our soils. We now must use supplements to help supply what has been lost. One of these supplements is oxygen.

Oxygen is the most abundant element on earth. It comprises 45.6% of the earth's crust and 20.95% of dry air. It is one of the most vital and necessary elements to support life. Oxygen is so vital to good health that hospitals have it installed in patient's rooms. All rescue units, ambulances and life support systems are equipped with it. Without oxygen you can live only a few minutes.

Dr. Edward Carl Rosenow (1875-1966), discovered the causes of some 35 different diseases, and was the author of 450 medical papers. He was associated with the Mayo Clinic for over 60

years. Dr. Rosenow developed a technique by which micro-organisms in the body could possibly be eliminated or controlled. The hydrogen peroxide program has resulted from his research and is a method of taking oxygen into the body to eliminate or control these micro-organisms.

His basic tenet was that we live in an ocean of micro-organisms. The body is like a world. In the world of the body are millions of micro-organisms — little creatures each seeking their own habitat, food and environment. Just as animals in our world live in different climates, eat different foods, multiply, prey upon others, infect, go through metamorphosis, etc, so these little micro-organism invade our bodies and seek out their proper habitats.

These micro-organisms do the following: gnaw away at the joints (inflammatory arthritis); lodge in liver and kidneys, and with their bile form stones; live in the very lining of the arteries and leave their hard deposit on the walls of the arteries; cling to the lining in the nervous system and short-circuit some of the electronics in the central computer of the brain; attack cells and enter them, building cocoons around the stricken cell; thus cutting off the blood supply and causing the cell to lose its specific function, so that it can only live and multiply into cancerous tumours.

One of the simplest sources of this healing oxygen is in hydrogen peroxide.

Hydrogen peroxide was first reported by the French chemist Louis-Jacques Thenard in 1818, who named it 'eau oxygene'. It is very natural; it falls as rain and snow (McGraw-Hill Encyclopedia of Science & Technology 5th Edition, p.741). It gets into our rain and snow from the ozone layer high in the earth's atmosphere. Ozone (O₃) is free oxygen (O₂) plus an extra atom of oxygen. This extra atom of oxygen splits off very easily, and does so when it comes in contact with water. Water (H₂O) now becomes hydrogen peroxide (H₂O₂). Compared to chlorine, bacterial and viral disinfection with ozone is up to 5000 times more rapid. (McGraw-Hill Encyclopedia of Science & Technology 5th Edition, p.728)

This is why many cities in Europe use ozone and hydrogen peroxide in their drinking waters. Many brands of bottled water that you buy in this country have been ozonated for your protection. Hydrogen peroxide is found in our fresh fruits and vegetables; some of it comes from rain and some of it is manufactured in the photo-synthesis process. (Gen. Biochemistry Furton & Simmonds, p.338) If we were to eat fresh fruits and vegetables in their raw state, we would get much more of this healing oxygen into our bodies.

Mother's milk contains a good amount of natural hydrogen peroxide. Colostrum (first milk secreted after birth) has an even higher hydrogen peroxide content. The spring water at Lourdes in France, was found to contain a large amount of hydrogen peroxide in its natural form.

Over the past twenty years, there have been more than 5,000

medical articles published on the qualities of hydrogen peroxide. An article on internal injection of hydrogen peroxide appeared in *The Lancet*, Feb. 21, 1920, titled, Influenzal Pneumonia: - The Intravenous Injection of Hydrogen Peroxide (pp.432-433). An article on its external use appeared in *Hautarzt*, 12:4, on 25 Sept. 1961 (Germany), titled, On a Simple and Painless Treatment of Warts.

In 1983 there were over 100 articles published on the subject of hydrogen peroxide. The oldest we have is from the *Dental Record* 1886, (p.185), the work being done Sept. 1884. A listing of some of these articles appears later in this article.

The Food & Drug Administration (FDA) in Federal Regulation Vol. 46, # 6, Jan. 9, 1981, in effect gave the food industry a green light to use hydrogen peroxide in the "Aseptic" packaging process. The FDA has further ruled that hydrogen peroxide can be used in the processing of cheese and related cheese products (part 133), eggs and egg products (part 160), and as an antimicrobial agent in whey processing. They have also ruled it to be used in cleaning and healing mouth injuries.

Hydrogen peroxide is used in milk in 45 countries around the world. You can put a teaspoon of 3% hydrogen peroxide in a glass of fresh milk and it will kill the micro-organisms in it. As a result, the milk will not sour, even without refrigeration. A good article on the "Aseptic" process for milk can be found in *Trailer Life*, Nov. 1981, (pp. 51-52).

Following are two forms of the oral hydrogen peroxide program. The first one uses 35% food grade hydrogen peroxide and the second one uses 3%.

PURGING SCHEDULE FOR 35% H₂O₂

Tolerance levels seem to vary for persons using hydrogen peroxide, but these guidelines seem generally satisfactory. The drops referred to are undiluted 35% hydrogen peroxide. These drops **MUST BE DILUTED** in water or other liquid, as must all 35% food grade hydrogen peroxide. It is preferable to use distilled water for this dilution.

1st day, use 9 drops (3 drops, 3 times a day) 2nd day, use 12 drops (4 drops, 3 times a day) 3rd day, use 15 drops (5 drops, 3 times a day) 4th day, use 18 drops (6 drops, 3 times a day) 5th day, use 21 drops (7 drops, 3 times a day) 6th day, use 24 drops (8 drops, 3 times a day) 7th day, use 27 drops (9 drops, 3 times a day) 8th day, use 30 drops (10 drops, 3 times a day) 9th day, use 36 drops (12 drops, 3 times a day) 10th day, use 42 drops (14 drops, 3 times a day) 11th day, use 48 drops (16 drops, 3 times a day) 12th day, use 54 drops (18 drops, 3 times a day) 13th day, use 60 drops (20 drops, 3 times a day) 14th day, use 66 drops (22 drops, 3 times a day) 15th day, use 72 drops (24 drops, 3 times a day) 16th day, use 75 drops (25 drops, 3 times a day)

For more serious problems you may stay at 25 drops, 3 times per day for 1-3 weeks. Next graduate down to 25 drops, 2 times per day until the problem is taken care of. This may take from 1-6 months. Don't give up!

When free of problems, you may taper off by taking: 25 drops once every other day, 4 times. ~ 25 drops once every third day for 2 weeks. 25 drops once every fourth day for 3 weeks. Your own body will help you determine proper maintenance.

The drops of hydrogen peroxide may be put into 5 ounces of distilled or spring water, juice or milk. Fresh pressed carrot juice, bananas that have been blended, carbonated drinks or alcoholic

beverages are not compatible. There is an enzyme in fresh carrot juice and/or bananas that breaks down H₂O₂ into water and oxygen. When reaching higher amounts of hydrogen peroxide, more water or juice may be taken as needed. Again, **DO NOT INGEST THE PURE DROPS OF 35% FOOD GRADE HYDROGEN PEROXIDE**. The hydrogen peroxide "cocktail" taken on an empty stomach or 1 hour before or 3 hours after a meal is generally most beneficial. If nausea or discomfort develops at any level, you may stop taking it for a day or two and then you can resume at levels that are tolerable. NOTE: Candidiasis victims commence the program at a much reduced level, usually 1 or 2 drops a day until they get used to it.

CAUTION: If 35% hydrogen peroxide is spilled on the skin rinse immediately with tap water. Fingertips may whiten temporarily. You can make hydrogen peroxide solutions in varying strengths using 35% food grade, the following amounts were used:

3% = 1 ounce of 35% hydrogen peroxide and 11 ounces of distilled water. This makes 3/4 pint.

12% = 1 part 35% hydrogen peroxide to 2 parts of distilled water

PURGING SCHEDULE FOR 3% H₂O₂

The simple schedule for mixing 3% hydrogen peroxide is: one part of 3% solution of hydrogen peroxide with five parts of distilled water, giving you a .5% solution of hydrogen peroxide. Get a gallon of distilled water; take out 20 ounces of water and replace with 20 ounces of 3% hydrogen peroxide and you will have the proper solution. You need not keep the solution in the refrigerator, unless you prefer. Drink this mixture on an empty stomach (don't eat or drink anything one hour before or three hours after). If you take the solution, a good method of doing so is just before going to bed, but work out your own system.

1 oz. the 1st day / 5 ozs. 3 times a day for 7 days. 2 ozs. the 2nd day / 5 ozs. 2 times a day for 7 days. 3 ozs. the 3rd day / 5 ozs. once a day for 7 days. 4 ozs. the 4th day / 5 ozs. once every other day for 7 days. 5 ozs. the 5th day / 5 ozs. once every third day for 7 days **THEN TRY** 5 ozs. once every fourth day for 7 days

If you find that the above amounts are more than you can tolerate, then back off on the amount of intake until you feel you are at a comfortable level. Then stay at that level until you get the results you are looking for. One thing to remember is that persistence pays off. If your condition is severe, stay on 5 ounces of the .5% solution twice a day as long as you think it is necessary. If you are on medication, treat it the same as food (take it one hour before or three hours after the medication). If you have a weak stomach, try 1 oz. of 3% hydrogen peroxide in 5 ozs. of milk, vegetable or fruit juice, non-alcoholic or non-carbonated beverage. Deep breathing of fresh air, along with exercise, is very important. If you choose to go through this program, I can give you a few hints that will help. There are many peroxides available but we advise you to stay away from the ones with stabilisers in them. The very best are Reagent and Food Grade hydrogen peroxide. They cost a little more but it does not take that much to go through this program. Hydrogen peroxide is sold in drug stores and grocery stores as an antiseptic; it has been for many years. It is called Oxygen Water in many countries around the world. In Spain it is called Agua Oxigenada,

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Alternate Methods

For those who have a tolerance problem with hydrogen peroxide, you may want to try an aloe vera mixture which is available in several flavours and is quite palatable. This mixture is taken undiluted, according to directions on the label. Dr. D's Super Oxy Plus Aloe Vera Tonic is available in many health food stores or may be ordered directly from Dr. D's Supplements, 424 Calle Primera, San Ysidro, CA 92073. The telephone number is (619) 428-8585. There is also a flavoured mineral product called Oxy Toddy, which is a mixture of aloe vera, 35% food grade hydrogen peroxide, Body Toddy and Pau D'Arco Tea. It is a product by the makers of Body Toddy. Oxy Toddy is also taken undiluted according to directions on the label. It is available in health food stores or you may call 1-800-331-3654 or (918) 437-7310 as to availability in your area. Their address is Rockland Corporation, 12215 East Skelly Drive, Tulsa, OK 74128.

Intravenous Infusions

Hydrogen peroxide is now being used intravenously and intra-arterially by a number of doctors in both the United States and Mexico. The International Bio-Oxidative Medicine Foundation is supporting clinical research in this area. Dr. Kurt Donsbach uses hydrogen peroxide intravenously at Hospital Santa Monica at Rosarita Beach, Mexico. For information about the clinic and the modalities used, call (619) 428-1146.

*NOTE: Possible Reactions to Hydrogen Peroxide Remember that peroxide is just water molecules with extra oxygen atoms. When the (H_2O_2) comes in contact with the virus and streptococcus (i) that cause the different diseases, it will liberate the free oxygen that kills germs by oxidation—thus causing a "retracting" or "healing crisis". Therefore, you may experience one or a few of the following symptoms (depending on previous diseases): skin eruptions, nausea, sleepiness, unusual fatigue, diarrhoea, colds, (head or chest), infections, boils, and other previous illnesses. One woman experienced sudden severe nose bleeding with the elimination of two large blood clots from her right nostril. She can now breath through the nostril for the first time in years! Another person had bleeding from the mouth when he spit up huge amounts of mucous. Another had rectal bleeding as his haemorrhoids reduced. These are natural cleansing processes, and they will be of short duration as you continue the program. Above all, don't give up even when you decide to decrease the dosage.

There are many published articles against the use of hydrogen peroxide as a therapeutic agent because this cleansing process was misinterpreted as being "BAD". It is the necessary price for recovery of your precious health. Don't be misled by a "Healing Crises"! Rather, be GRATEFUL FOR IT!

Unfortunately, even though God has provided an abundance of healing oxygen in many of the raw foods we eat, we lack an adequate supply because of the way we process food. Heat destroys or neutralises hydrogen peroxide, lessening the benefits to our body. This is why many people are now turning to hydrogen peroxide to supplement this vital oxygen.

As was previously mentioned, this program was researched by Dr. Edward Carl Rosenow. For about the past 20 years, Father

Richard Wilhelm has continued the research and strived to make these findings available to the public. In February, 1982, Walter O. Grotz, who had experienced remarkable results on the program, joined Father Wilhelm in his endeavour. Since then many more have joined.

Methods of Producing Hydrogen Peroxide

1. Chemically - Treat Barium Peroxide with Sulfuric Acid. Barium Sulfate settles to the bottom and Hydrogen Peroxide is drained off. (To concentrate, it is vacuum distilled.)
2. Treat water with ultraviolet light.
3. Electricity - silent, or open spark methods.
4. Bubble Ozone (O_3) through cold water.

Caution: If you spill 35% H_2O_2 on your skin, rinse immediately with water. Avoid any contact with eyes.

Other Uses

*To make a 3% solution: mix 1 oz. 35% to 11 ozs. water. Use distilled water as often as possible.

Vegetable soak: Add 1/4 cup 3% H_2O_2 to a full sink of cold water. Soak light skinned (like lettuce) 20 minutes, thicker skinned (like cucumbers) 30 minutes. Drain, dry and refrigerate. Prolongs freshness.

It time is a problem, spray vegetables (and fruits) with a solution of 3%. Let stand for a few minutes, rinse and dry.

Leftover tossed salad: Spray with a solution of 1/2 cup water and 1 Tbsp. 3%. Drain, cover and refrigerate.

To freshen kitchen: Keep a spray bottle of 3% in the kitchen. Use it to wipe off counter tops and appliances. It will disinfect and give the kitchen a fresh smell. Works great in the refrigerator and kid's school lunch boxes.

Marinade: Place meat, fish or poultry in a casserole (avoid using aluminum pans). Cover with a dilute

solution of 3% H_2O_2 . Place loosely covered in refrigerator for 1/2 hour. Rinse and cook.

In the dishwasher: Add 2 ozs of 3% H_2O_2 to your regular washing formula.

Sprouting seeds: Add 1 oz. 3% H_2O_2 to 1 pint of water and soak the seeds overnight. Add the same amount of H_2O_2 each time you rinse the seeds.

House and garden plants: Put 1 oz. 3% H_2O_2 in 1 quart water. (Or add 16 drops 35% to one quart water.) Water or mist plants with this solution.

Insecticide spray: Mix 8 ozs black strap molasses or white sugar and 8 ozs. 3% H_2O_2 to 1 gallon of water.

Humidifiers and steamers: Mix 1 pint 3% H_2O_2 to 1 gallon of water.

Laundry: Add 8 ozs. of 3% to your wash in place of bleaches.

Shower: Keep a spray bottle of 3% H_2O_2 in the shower. Spray your body after washing to replace the acid mantle on your skin that soap removes

Facial: Use 3% on a cotton ball as a facial freshener after washing.

Rejuvenating, detoxifying bath: Add 6 ozs. 35% H_2O_2 to 1/2 tub of water. May increase H_2O_2 up to 2 cups per bath. Soak at least 1/2 hour.

Alternate bath: Add 1/2 CUP 35% H_2O_2 % cup sea salt, 1/2 cup baking soda or epsom salts to bath water and soak.

Foot soak: Add 1.5 ozs. 35% H_2O_2 to 1 gallon water and soak.

Athlete's foot: Soak feet nightly in 3% H_2O_2 until condition is improved.

Mouthwash: Use 3% H_2O_2 . Add a dash of liquid chlorophyll for flavouring if desired.

Toothpaste: Use baking soda and add enough 3% H_2O_2 to make a paste. Or just dip your brush in 3% H_2O_2 and brush.

Douche: Add 6 tablespoons Of 3% H_2O_2 to a quart of warm water. This

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is the minimum amount to use.

Colonic or Enema: For a colonic, add 1 cup (8 ozs.) 3% H₂O₂ to 5 gallons warm water. (Do not exceed this amount) For an enema, add 1 tablespoon of 3% H₂O₂ to a quart of warm water.

Pets: For small animals (dogs & cats) use 1 oz. 3% H₂O₂ to 1 qt. of water.

Agriculture: Use 8 ozs. 35% H₂O₂ per 1000 gallons of water. If you do not have an injector, start out by using 1 tsp. 35% H₂O₂ in the drinking cup at the stanchion.

For the drinking water of ailing cows, use 1 pt. 3% H₂O₂ to 5 gallons of water. To drench sick calves, put 1/3 pt. of 3% H₂O₂ in a pt. bottle and fill remainder with water. Do this twice a day as long as needed, usually 2 - 3 days. For an adult cow, use the same procedure, but use a quart.

To foliar feed crops, put 5 to 16 ozs. of 35% food grade hydrogen peroxide into 20 gallons of water. This is sufficient for 1 acre. Spray on plants early in the morning when the dew is still on them and the birds are singing. (It has been found that the singing of the birds opens the pores of the plants.)



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